

Couples Micro-Missions Starter Pack

21 playful dares to spark laughs, connection, and core memories

Welcome to your **Couples Micro-Missions Starter Pack**

Inside are 21 tiny daily challenges to bring more fun, laughter, and energy to your relationship. Each mission is fast (just a few minutes), but the ripple effects can last all day. Pick one per day, do it together, and see what happens!

Day 1 — Three-Word Check-in

Describe your mood today using only 3 words. Make it dramatic, funny, or weird.

Day 2 — Emoji Dare

Send each other 3 random emojis and interpret them out loud.

Day 3 — Compliment Bomb

Give each other the most over-the-top, silly compliments you can invent.

Day 4 — Kitchen DJ

Pick a song and dance while making a snack together. No excuses.

Day 5 — Mystery Question

Ask a totally random question. Example: 'If we swapped lives for a day, what's the first thing you'd do?'

Day 6 — Photo Roulette

Pick a random old photo on your phone and tell the story behind it.

Day 7 — Dare Whisper

Whisper a funny or flirty dare to your partner. They must do it before bed.

Day 8 — Switcheroo

Swap one chore for the day. Whoever complains first buys dessert.

Day 9 — Movie Trailer

Describe your relationship like a dramatic movie trailer voice-over.

Day 10 — Secret Signal

Invent a silly secret signal only the two of you understand.

Day 11 — Snack Attack

Surprise each other with a random snack, then rate them like food critics.

Day 12 — Fast Draw

Without overthinking, both of you doodle each other in under 60 seconds.

Day 13 — Love Letter Remix

Write a 'love letter' in the style of a product review or Yelp rating.

Day 14 — Accent Hour

Speak to each other in bad accents for 10 minutes straight.

Day 15 — Coin Flip Adventure

Flip a coin to decide something silly (like who picks dinner, or which show to watch).

Day 16 — Inside Joke Day

Invent a brand new inside joke today. Use it at least twice.

Day 17 — Compliment Karaoke

Sing one compliment to your partner (tune optional).

Day 18 — Flashback Story

Each tell a short story about your first impression of the other.

Day 19 — Secret Handshake

Create a ridiculous handshake and practice it until you nail it.

Day 20 — Dream Swap

Describe the weirdest dream you can remember. Make it more dramatic if needed.

Day 21 — Future Headline

Write a funny fake news headline about your life together in 10 years.

You did it — 21 days of micro-missions!

These little dares are proof that fun and connection don't have to be complicated. If you enjoyed this pack, take it further with *Babe, I'm Taking Notes* - the full interactive couples journal with 125 pages of hilarious, flirty, two-player prompts. **Next Step:** Shop the journal, download instantly, and keep the energy going.